

## Positive Alternatives 2017 - 19 Quarterly Update

**Grantee (Name and city):** 878194, Philomena House, St. Paul

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**Goal:** To provide temporary housing for 2 to 4 pregnant women in a life affirming program that empowers them to become financially independent and self sufficient

**For the period/quarter:** #2<sup>th</sup> Quarter, July 1, - Sept. 30, 2017

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
Administrative Activities Grant	Administer grant activities:			
Outreach	Promote Grant activities			
Education – Financial Assistance	*Provide individual assessment to residents prior to entering *Financial Coaching classes *Provide financial classes to increase financial literacy and move residents to self-sufficiency	2-4		16

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	*Assist residents in completing applications for financial assistance for college, permanent housing and other needs.			9
<b>Housing Assistance and Administration</b>	*Provide a home and evening meal for 2 - 4 women (and their babies when born) up to one year, are 18 -26 yrs., and who were previously homeless because of their pregnancies. *Clothing is also available for moms and infants. *Life-skills classes (cooking, gardening, comparative shopping for high protein and low cost, low Carb. food), *weekly life and financial coach group and individual meetings with mentor and doula. *“Family” meeting once a week with all the members of house and director. *Provide intake assessment: Director assigns a volunteer mentor and Doula for each guest	2-4		16

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	*helps coordinate Obstetrician, Pediatrician and PHN / and *assesses other needs: eyes, dental, addictions/adjustment to the Philomena House. *Follow up assessment by two weeks: (Director records phone numbers/location of Hospital, Drs. and PHN.) *Discusses compatibility with assigned mentor and doula. *All appointment times recorded on office and kitchen calendars. *Jobs and Education interests also discussed at this time. *The initial Care conference (once a month) is arranged with all involved: PHN, mentor, doula, Coaches, housemother and director. Other (may include “mom’s first” or ARMS worker etc.)			16
<b>Mentoring and Doula Programs</b>	*Pair residents with volunteer mentors and birth doulas *Provide intake assessment *Safe sleep and Car seat, ‘shaken baby’ education	2-4		32

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	*Provide support in carrying baby to term, setting goals, assist with development in areas indicated in assessment *Mentor and Doula may be present for Care Conference and the delivery *Post-partum Doula assists in care of mother and baby after delivery *Mentor/and Doula may continue with guest after she leaves Philomena House			
Nutrition	*Provide nutrition education for pregnant and parenting women *Provide healthy snacks during meetings *Provide instruction in meal planning, comparative shopping (Cost vs. protein, sodium and carbs.) and cooking *Provides encouragement and 'tips' to new mom( breast/bottle feeding) *Provide instruction on cleaning bottles and equipment	2- 4		27

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<b>Parenting Education</b>	*Provide parenting education to residents on topics including child care, normal growth and development. Health, *immunizations and making parenting plans. (Adoption) *Hormonal changes and 'postpartum blues' *Importance of exercise for baby and mom *Baby message and motion exercises	2-4		24
<b>Pregnancy Education</b>	*Provide information on healthy pregnancies, importance of early prenatal care, nutrition and exercise. *Provide information on safe use of treadmill and stationary bike *Provide alcohol, drug and smoking cessation information	2-4		32
<b>Provide Necessary Services to all clients</b>	*Provide intake assessment to determine need. *Provide women with information on, referral to and assistance with securing pregnancy support services.	3-12		24

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	*Utilize our extensive resource database to provide information and make referrals			
<b>Transportation</b>	*Provide bus passes for transportation assistance to: *Educational Opportunities and work as well as doctor/dentist/other appointments. *Philomena House is half a block from a bus stop. *Some volunteers need gas reimbursement.	2-4		46

<b>Maternal and Child Health Initiative Task Force Strategies</b>	<b>No.</b>
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	4
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	4
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	4
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	4
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	4
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	4

**Challenges:** Despite extensive sleep safety instruction the housemother found an infant completely covered with a quilt on a warm day. The only guest on the same floor at the time (who could have done this) had to enter another guest's room to cover the baby. This pregnant woman was told she must leave Philomena House immediately and she moved out.

**Comments:** We attempt to address some issues with our wonderful young guests at Philomena House. Living in the same house gives us an opportunity to answer their many questions on parenting, family, finances, boyfriends and even religions. Trust grows and the respect we feel for our guests (and usually they for us) becomes friendship and love. Even guests we have kicked out for breaking the rules feel comfortable returning to exchange baby clothes and inform us as to how their new life is going. We want them to understand that they are loved and lovable, smart and capable mothers. We want them to learn that and much more about civil and family life. Joy does not cost money and they deserve that.